

Radio Frequency Treatment Pre & Post Care

Hydration

- To ensure your body responds well to RF, at least 2 litres of water should be consumed 24 hours before the treatment. It is essential to stagger water consumption over this period to ensure your body is well-hydrated. (Tip: Externally hydrate your skin with Synergie B-Juvinate Body Moisturiser).

Treatment Frequency

- On average, most clients require 6-10 treatments to achieve the best possible results. Your clinician will be the best person to provide you with a realistic plan.

Pre and Post Treatment

- Any deep exfoliation treatment (peels, AHA's, BHA's) should be avoided a week before and after the last treatment.
- RF heats the skin to cause retraction of the collagen fibres, so it is important not to cool it immediately afterwards, as the inflammation encourages results. If you have any concerns or feel your skin may be heating excessively, please get in touch with us.
- Most clients experience mild heat and redness following treatment (similar to sunburn), which usually resolves quickly. Swelling rarely occurs and usually diminishes within 24-48 hours.
- You may wear a mineral-based foundation to conceal any redness.
- Most people can return to work and resume normal activities immediately after treatment.
- Although exercise, swimming, spas, and anything that involves increasing your body temperature, should be avoided for 24-48 hours.
- A zinc-based sunblock will be applied immediately following your treatment, and you will need to reapply as necessary over the next 72 hours.
- Following your usual home skin care between treatments is highly recommended to achieve optimal and long-lasting results.

The Detoxification Process

- The improved circulation resulting from RF treatments can also improve blood and lymphatic flow - which assists in clearing toxins from your system.
- To assist the detoxification process, 2 litres of water should be consumed within 24 hours post-treatment.
- Lymphatic drainage, a circulatory system-enhancing form of massage, will also help release toxins from the body.
- You can also assist your body flush toxins following treatment using saunas and massage.

Between Treatments

- Ensure you keep your skin looking great with a dedicated skin care plan.
- Ask your therapist for recommendations on home-use products that are right for you